

**Submission
No 1247**

INQUIRY INTO BIRTH TRAUMA

Name: Melanie Chaix
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My name is Melanie and I am a first time mother. My baby is now 8 months old. I was lucky enough to be informed and to choose a homebirth, which resulted in the most peaceful and physiological birth. In my mother's group, there are no less than 7 women out of 10 that are heavily traumatised by their birth experience... All of them had their baby in hospital- a mix of private and public- with no prior indication that would classify them "high risk" Between the unnecessary interventions, the high rate of unwanted c sections, or plain and simple the rough care they had from hospital staff ... I'm surprised we still have babies ..! They were many tears when we all shared our stories. Birth can be beautiful, and it should be the norm

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